

Hospital Discharge

Information about you and your care



Being discharged from hospital

Once you are well enough, you will be discharged from hospital – this means that the doctors and nurses feel that you no longer need to stay in hospital anymore.

Many hospital discharges are straight forward and require little or no change to your lifestyle, home environment, and support. However, some people may go through significant changes after an accident or period of illness, and you may require additional help once you leave hospital.

Going home with no care

This simply means that you will leave hospital and go back home and won't need any support from Health or Social Care Services.



Get in touch

If you feel that you need further information or advice about help after leaving hospital, then you can contact the Adult Intake Team:

020 8227 2915

IntakeTeam@lbdd.gov.uk

www.lbdd.gov.uk/adult-health-and-social-care

Out of hours emergency social work duty team **020 8594 8356**



Going home with a package of care – Pathway 1

You may be discharged from the hospital with either of the following support services in place:

- Reablement – provides short-term support helping people to regain independence, confidence, and safe daily living skills after illness, injury, or hospitalization. Reablement could last up to a maximum of six weeks. Should you need ongoing care support, an assessment of your care need would take place between 2-4 weeks of the reablement start date.
- Interim short-term service - A short term service is arranged for carers to help you with your daily living activities. Examples are washing, dressing, feeding etc. This follows a determination that you may not benefit from the reablement support. Should you need ongoing care support, an assessment of your care needs would take place between 2-4 weeks of your interim service starting.

If you are assessed as having eligible needs for long-term service, a Financial Assessment Outreach Team visiting officer will visit you to complete a financial assessment. Depending on your financial situation, the long-term service could be chargeable.

Going into Rehabilitation – Pathway 2

Rehabilitation: is not one of the services provided by Adult Social Care.

Being discharged to a care home – Pathway 3 (Discharge to Access - D2A)

If you are being discharged into a care home, this may be either to a residential or nursing care home depending on your support needs. Our health colleagues will work with you and your family/carer to support your move to the care home from the hospital. This service will only be provided for up to 6 weeks. A member of our Adult Social Care team will assess you within 4 weeks of leaving hospital to determine if you need any further support to return home or if you need to continue to be cared for in a residential or nursing care home or another type of supported accommodation. If you need to continue to stay in a care home, a financial assessment will be carried out and a decision about funding for your will be made depending on your financial situation.

Paying for your care

After your Care Act Assessment is completed and it is determined that you would need long term care support, a financial assessment outreach worker will contact you, to arrange a visit to support you with completing the financial assessment form.



Information for carers and family members

If a family member or a friend cares for you on a regular basis, they can access information and advice on our adult health and social care website:

www.lbdd.gov.uk/adult-health-and-social-care

You can also visit Carers of Barking and Dagenham website for advice and support:
www.carerscentre.org.uk or call **020 8593 4422**

Additional services that may be helpful

BD Money at BLC

Barking and Dagenham (LBBD) - residents can get free specialist debt advice through [Debt Free London](#), which offers drop-in services at the Barking Learning Centre (Monday to Friday, 9am to 12pm) and Dagenham Library (Monday/Tuesday).

Alternatively, call their phone line at **0800 808 5700** (8am to 8pm) and Step Change Freephone debt helpline **0800 138 1111** Mon to Fri 8am to 8pm and Sat 9am to 2pm.

People contacting B&D Money hub are redirected to other appropriate routes. Visit bdmoney.co.uk

District Nursing

If you are discharged home with any health related nursing needs and are unable to leave your home independently, you may be referred to the District Nursing service for them to undertake these for you. A referral will be made to the District Nursing service and you will be assessed at home and if required, you will receive visits at home until your treatment is complete. The District Nursing service is a 24-hour service, 365 days of the year.
Phone: **0300 300 1815/1817**

Equipment

We may be able to help to adapt your home so that you can be more independent and feel safer. You can ask us for an assessment to see what help might be available to you.
Phone: **020 8227 2915** or
email: IntakeTeam@lbdd.gov.uk

Medequip

For direct purchase of simple equipment contact Medequip on **020 8709 7050** or visit their website www.medequip-uk.com



Recycling equipment

If you have already benefited from equipment loaned to you that you no longer need, please contact the Equipment & Adaptions Team on **020 8227 2446** or alternatively please contact Medequip on **020 8709 7050** or email woodford@medequip-uk.com to arrange a free collection, to recycle and help others in need.

BHR Integrated Discharge Hub

You can call the BHR Integrated Discharge Hub if you need support with your discharge on **0300 300 1743**. Operational Hours: Monday to Sunday 8am to 8pm including bank holidays.

NHS Choices

NHS Choices provides online information and guidance on all aspects of healthcare, to help you make decisions about your health.
Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it is not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year.
Tel: **111**

Someone to speak on your behalf

If you feel you need somebody to help speak on your behalf or help raise your concerns, contact Cambridge House Advocacy on **020 7358 7007** or email chadvocacy@ch1998.org

Your name:

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Your care provider:

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Details of care provider:

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Date of first visit:

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How often you will receive care:

(this will be filled in at the time of your assessment - an assessment is a conversation about your needs, how these affect your wellbeing and what you want to be able to do in your daily life)

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What care will be provided:

(this will also be filled in at the time of your assessment)

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Adult Social Care contact details:

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Additional Notes:

Carer information – Do you have a carer/family/friend who can support you?

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